

**Mayor
Daniel A. Champagne
Announces**

Vernon Parks & Recreation 2015 Winter Brochure

**NEW website & registration program
coming February 2015:**

www.VernonRec.org

**It's New, It's Easy, It's got All the info
you need right at your fingertips!**



What's Inside

- Upcoming Programs
- Upcoming Special Events
- Rental Opportunities

VERNON PARKS AND RECREATION PROGRAM REGISTRATION FORM

Completed forms with full payment included may be mailed or delivered to:

Vernon Parks and Recreation
120 South Street
2nd Floor
Vernon, CT 06066

Register On-line at: www.vernonrec.org

Phone: (860) 870-3520

Family Name: _____

Primary Household Member's Information

NAME:	D.O.B.
ADDRESS:	
TOWN:	
PHONE: (H)	(W)
CELL PHONE:	

Secondary Household Member's Information (include address if different)

NAME:	D.O.B.
ADDRESS:	
TOWN:	
PHONE: (H)	(W)
CELL PHONE:	

E-MAIL ADDRESS:

E-MAIL ADDRESS: _____

Emergency Contact (other than parent/guardian, i.e. grandparents, neighbor, etc.) _____

Name:	Address:	Phone:	Relation to Primary:
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Participant's Name

	Male/Female	D.O.B.	Grade	Program Name	Dates	Fee
1)						
2)						
3)						
4)						
5)						
6)						

HOW TO REGISTER

- 1) Fill in the above information, any questions refer to following instructions! Family Name: This is the contact name that your family information and program history will be stored in on our computer system. Primary and Secondary Household Member's Information. The contact individuals for the household and for participants. Emergency Contact. Someone outside of your household that we can contact in the case that we cannot contact the Primary and Secondary Household members. Grade: The Grade your child is currently or just completed during the summer months. Program Name, Number, Section, and Dates: Helps to clarify the exact program that you are enrolling into.
- 2) Payment: Payment is required in full to reserve your spot in a program, payment can be made by check and mailed to the Vernon Parks and Recreation Department office at the top of form or drop off with cash or check to the Parks and Rec. office at Henry Park.

VOLUNTEER COACHES NEEDED

Volunteer coaches are needed for the basketball and soccer programs operated by the Vernon Parks and Recreation. If you are interested in coaching please contact the Recreation Department at 870-3520 so that we can send out information, requirements and an application for coaching with our department. This is a great opportunity for you to give back to the community.

YES, I would like to coach ☐

Signature of Parent/Guardian or Participant _____

Date _____

Donation to Fireworks

Does the participants above have any special needs or medical concerns that we should be aware of? (Yes or No)

TOTAL FEE

The undersigned parent, guardian, or participant does grant permission to the named individual/s to participate in the Vernon Parks and Recreation Department above named program/s. The undersigned does hereby waive, absolve, indemnify, and agree to hold harmless the Town of Vernon Parks and Recreation Department, the Vernon Board of Education, and all other sponsors and supervisors of the above said program/s. As a parent or guardian of the above said participant/s, I realize there are inherent risks involved in physical activity. Pictures taken of my child may be used for publicity by the Vernon Parks and Recreation Department.

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Future site: www.VernonRec.org

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STAFF DIRECTORY

GENERAL PHONE NUMBER: 860-870-3520
Website: www.VernonRec.org

DIRECTOR:	BRUCE DINNIE
ASSISTANT DIRECTOR:	STEVE KRAJEWSKI
ADMINISTRATIVE ASSISTANT:	DIANE GARNELIS
RECREATION SUPERVISOR:	AMY LOCANDRO WATT
PARK FOREMAN:	MARK DZIEDZINSKI
PARK MAINTAINER:	MITCH REID
PARK MAINTAINER:	MARK LUCAS
PARK MAINTAINER:	ROB ARTHUR
PARK MAINTAINER:	KEVIN CLEMENTS
PARK MAINTAINER:	NICK WHEELOCK
PARK MAINTAINER:	NICK PETROLITO

FREQUENTLY REQUESTED NUMBERS

Rockville Little League-Jason Hahn	860-982-6783
Vernon Little League-Joanne Colletti	jcolletti17@hotmail.com
Vernon Youth Baseball Organization- Noah Bilmes	860-707-2946
Girls' Little League Softball- Rob Silver	860-729-6961
Vernon Youth Soccer-Jeff Parizeau	860-643-8535
Vernon Youth Football	www.vernonyouthfootball.com
Youth Hockey-Jim Larza	860-529-5295
Youth Lacrosse-Bruce Gezelman	860-870-9461
Over 55 Softball-Bob Lathrop	860-614-1421
Junior Women's Club-Nancy Carter	860-989-3170
Vernon Town Hall	860-870-3599
Vernon Public Works	860-870-3500
Vernon Animal Control	860-870-3558
Indian Valley Y.M.C.A.	860-872-7329
Vernon Orioles-Steve Krajewski	860-870-3520

PROGRAM PHOTOS

We invite everyone to browse our photo collection of recent activities and programs. Our staff photographer, Andre Garant, strives to cover as many of our events as possible. All photos are available for sale to parents at low prices. For further details, please visit our photosite at www.flickr.com/photos/vernonpr

REGISTRATION AND GENERAL INFORMATION

CONSIDER YOURSELF REGISTERED – if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. Assume classes will begin on the dates listed. If you would like a receipt, please enclose a SASE with your registration. All programs are open for registration unless otherwise noted in the program description. You may register on-line at www.vernon-ct.gov

INSURANCE – All persons participating in Recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for personal injuries. Participants in all Department sponsored programs participate at their own risk. Only those enrolled in the program may attend.

ADA – The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

CLASSES – We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Vernon residents are given preference for all programs during the 1st week of registration.

PAYMENT – Registration is not considered valid until the program fee is paid. We accept cash, check, MasterCard or Visa.

REFUNDS – are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a pro-rated basis and are under the discretion of the Parks and Recreation Director. Please note that there is a \$5.00 charge for refunds and transfers.

INCLEMENT WEATHER – In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day. All decisions on programs will be made by 4:00 p.m. unless your program starts earlier. A decision will be made by 9:00 a.m. for weekend and morning programs. Please contact the Recreation Office at 870-3520. The Department will attempt to post any program cancellation information on 1080AM and WFSB Channel 3.

SCHOLARSHIP PROGRAMS – It is our policy that residents of Vernon who cannot afford to participate in programs or activities can make confidential inquiries for assistance to Bruce Dinnie, Director of Parks and Recreation (870-3520)

NO CLASS DATES - Class and Programs that are not scheduled for a certain date i.e. holiday, are marked with a NC and followed by dates that the class will not meet.

RENTALS

860-870-3520

NEWHOCA LODGE RENTAL

Newhoca Lodge is set on a gorgeous campground on Middle Bolton Lake. This is the perfect spot to hold a family reunion, baby shower, birthday party, and much more. Amenities include: oven, microwave, freezer/refridgerator, gas fireplace, A/C, tables and chairs. The fee to rent the lodge is \$50 per hour for a resident and \$60 per hour for non-residents. For more details call 860-870-3520.



PICNIC/PAVILLION RENTALS

The Town's picnic groves are available for rent. Reserve yours today. Picnic groves are located at the following locations:

Valley Falls Park: Located on Valley Falls Road, Valley Falls Park contains picnic areas out in the field and one pavilion. Fees vary by picnic areas and length of rental time.

Henry Park: Located at 120 South Street, Henry Park has two picnic grove areas and three picnic sites. There is a \$20 charge for residents and \$25 charge for non residents for the use of these groves. Additional fees may apply for parties of 35 guest or more.

NEW PAVILION: Henry Park Russell G. Hartmann Pavilion

The Russell G. Hartmann Pavilion is located at Henry Park, 120 South Street. The pavilion is 40 feet by 60 feet. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more. The fee to rent the pavilion is \$35 per hour for a resident and \$40 per hour for non-residents. For more details, call 860-870-3520.

Newhoca Park: Located on Grier Road, Newhoca Park has a large pavilion (40'x60') that is great for all occasions. There is a \$35 per hour charge for residents and \$40 per hour charge for non-residents.

Located on Grier Road, Newhoca Park has a small hexagon pavilion measuring 20 feet that is great for all occasions. There is a \$35 per hour charge for residents and \$40 per hour charge for non-residents.

OTHER PICNIC AREAS

Fox Hill Tower-Free	Church St. Rails to Trails-Free	Dart Hill Park-Free	Walker's Reservoir-Free
Saxony Mill Park-Free	Dart Hill North- Free	Phoenix Street Dam-Free	

TEEN CENTER RENTAL

The Teen Center is the perfect place to have a meeting, birthday party, shower or family gathering. Rooms available to reserve are:

Big Community Room:

Holds up to 75 people
Booth style seating
Four 6' tables available upon request
60 folding chairs available upon request
Pool table, foosball table & air hockey table
Food allowed
Fee: Residents \$35
Non-Residents \$40

Gymnasium:

Holds up to 300 people with or without chairs
Holds up to 175 with tables & chairs
2 Basketball hoops
No food allowed
Fee: Residents \$50
Non-Residents \$55

Fees are PER HOUR. After 2 hours, additional time may be added in half hour increments if desired. Your reservation must include set-up and clean up time. Renters are responsible for cleaning up.

ATTENTION CUSTOMERS

The recreation dept has a new software program coming February 2015. Please go to www.VernonRec.org and click on the "Create New Account" button to open your account providing us with emergency contacts, allergy/medical info & more so we can serve you better. **Be sure to then add all the members of your household into the account.** Your new household account will provide you with registrations history, financial history and much more. Thank you. Feel free to call with any questions.

Preschool & Youth Programs

Register at

Currently: www.vernon-ct.gov/parks

February 2015: www.VernonRec.org

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MOVE TO THE MUSIC

A wonderful group music and movement class for children ages 2-3 years. Adult Participation Required. Children will sing, clap and move to the beat.

Monday

January 5-March 16 (no class 1/19,2/2,2/16)

9:45-10:30am

Vernon Teen Center Fitness Room

Fee: Residents \$50.00

Non-Residents \$55.00

Instructor: Ms. Pat

PRESCHOOL FITNESS

Get your little ones on their feet and ready to have some fun! This program is a for children ages 3-5yrs old. Participants will play fun games with hoola hoops, parachutes, sing songs, skip, jump and much more. This class will help your child develop motor, listening and social skills. NOTE: this is an 8-week program in the winter.

Tuesday Evenings:

January 6-March 10 (no class 1/27, 2/3)

6-6:45pm

Friday Mornings:

January 9-March 6 (no class 1/30)

9:30-10:15am

Vernon Teen Center Fitness Room

Fee: Residents \$50.00

Non-Residents \$55.00

Instructor: Ms. Pat

PEE-WEE BASKETBALL

An instructional program, that teaches the fundamentals of basketball to young players using a variety of fun drills and activities designed to develop basketball skills. Class size is limited! Participants will receive a T-shirt. This is a six-week program.

Saturdays

Girls, Grade: K&I

Feb 14 to March 21

9 a.m. to 9:55 a.m.

Boys, Grade: K&I

Feb 14 to March 21

10 a.m. to 10:55 a.m.

Center 375 Gym

Fee: Residents \$40

Non-Residents \$45

KARATE

This karate program is for children ages 5-12 years old. The Dragons and Advanced is for children 5-8 and the Preteen program is for children 9-12 years old. Martial Arts will help your child develop self-defense, self-control, self-discipline and confidence. Trained instructors, under the direct supervision of Kempo Master Rod Fuller of Hidden Dragon Karate, will teach the program.

Wednesdays

January 21-February 25

PreK-2: 6:00-6:30 pm

Grades 3-5: 6:45-7:15pm

Vernon Teen Center

Fee: Residents \$45

Non-Residents \$50

Instructor: Hidden Dragons Karate

WRESTLING

Learn the sport of Wrestling!!! Wrestling has been an Olympic Sport since 1904. It teaches self-discipline, self confidence and fortitude. It also helps to develop a strength of character in young people. This is a 8-week program.

Ages: 5-12

Fridays

January 9, 2015-February 27, 2015

Ages 5-7: 6:00-7:00pm

Ages 8-12: 7:00-8:00pm

RHS Wrestling Room

Fee: Residents \$45

Non-Residents \$50

Instructor: Tim Gardner

(REK) RECREATION & EDUCATION FOR KIDS

The after school program that meets all expectations!

Programs held at Center Road, Northeast and Skinner Road Schools.

*Maple Street children are bused to Skinner Road.

Monday – Friday, beginning at the end of the school day until 6 p.m.

(half days included).

The Vernon Parks & Recreation Dept is committed to providing a high-quality, educational experience for your child, with great activities and great staff. This program has been carefully designed to offer parents an opportunity to have their child in a safe, well-rounded, fun filled environment. The R.E.K. program's goal is to meet each child's intellectual and physical needs through a variety of creative indoor and outdoor experiences. Everyday activities include:
Homework – time is set aside each day to complete their homework
Fitness – designated time for introducing new and fun ways to achieve physical fitness

Sports – various sports are played

Snack – a nutritious snack is provided

Arts & Crafts – other fun activities are planned

The Parks and Recreation Department strives to make this program convenient and affordable for everyone. Parents must choose and commit to which days of the week their child will attend.

Pricing for 2014-15: \$13.50 per day

\$19.50 per half day (early dismissal)

To register: Registration forms can be obtained on-line or at the Parks & Recreation Department office. You may register by mail or in person, with payment in full, for the first month of the program. All payments are due in full, one month prior to attendance. We accept Visa, MasterCard, cash, money orders or checks payable to 'Town of Vernon'. Registration is due no later than the 4:00 on the Thursday prior to the week you want your child to start on.

VACATION CAMP

Vacation Camp is offered to Vernon residents when school is closed during the school year. The day will be filled with arts and crafts, games, and outdoor activities. Please send your child with a morning snack and drink, a non-refrigerated lunch, an afternoon snack and drink, and appropriate outdoor clothing. This program is for children in grades kindergarten through grade five.

December 29 & 30

7:30am-6pm

Wednesday, December 31

7:30am-4pm

January 2 & 19

7:30am-6pm

February 16 & 17

7:30am-6pm

Center 375

Fee: \$35 per day

Youth Programs

Register at

Currently: www.vernon-ct.gov/parks

February 2015: www.VernonRec.org

DANCE CLASSES

Dance classes will be held continuously in 4 week sessions, beginning the week of January 5. Each week progresses for a performance June 6. All classes are held at Center 375. Instructor Jessica and other Beyond Dance staff will be teaching a variety of different classes.

Monday Classes:	Session 1: Jan 5, 12, 26, Feb 2 (no 1/19) Session 2: Feb 9, 23, Mar 2, 9 (no 2/16) Session 3: Mar 16, 23, 30, April 6
Tuesday Classes:	Session 1: Jan 6, 13, 20, 27 Session 2: Feb 3, 10, 24, Mar 3 (no 2/17) Session 3: Mar 10, 17, 24, 31
Wednesday Classes:	Session 1: Jan 7, 14, 21, 28 Session 2: Feb 4, 11, 18, 25 Session 3: March 4, 11, 18, 25
Thursday Classes:	Session 1: Jan 8, 15, 22, 29 Session 2: Feb 5, 12, 19, 26 Session 3: Mar 5, 12, 19, 26
Saturday Classes:	Session 1: Jan 10, 17, 24, 31 Session 2: Feb 7, 14, 21, 28 Session 3: Mar 7, 14, 21, 28

Dance Class Fee Structure Per Participant: \$35 for 1 session of 1 class style, \$30 for each additional class style during the same session. (No sibling discounts)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Preschool Combo (ages 3-4) 4:30-5:15pm		Preschool Combo (ages 3-5) 1-1:45Pm	Preschool Combo (ages 2-4) 9:30-10:15am	Preschool Combo (ages 3-4) 10-10:45am
Lyrical (ages 8-12) 5:15-6:00pm	Tap (ages 8 & up) 5:15-6pm		Ballet/Tap (ages 5-7) 4:30-5:15pm	Hip Hop/ Tumble (ages 5-7) 10:45-11:30am
Hip Hop (ages 8-12) 6:00-6:45pm	Jazz (ages 11 & up) 6-6:45pm			
Hip Hop Teen (ages 13 & up) 7:45-8:30				
Lyrical (ages 13 & up) 8:30-9:30 pm				

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Youth & Teen Programs

Phone Number: 860-870-3520

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PERFORMING ARTS STUDIO CLASSES

Vernon Parks & Recreation Department is offering performing arts classes with Performing Arts Programs in South Windsor. Classes run for 8wks focusing on developing essential performing arts skills in a safe, affirming environment for participants of all skill levels. All classes end with an informal share for family and friends to show the skills learned. Call 860-432-9890 for detailed information.

January 27-March 21

Performing Arts Programs Studio
1732 Ellington Road, South Windsor

***to register for this program, go to**

www.performingartsprograms.biz/studio

Enter code VERNON to save \$30

VERNON TEEN CENTER

The Vernon Teen Center is open to Vernon Teens in grades 6-8 on Friday evenings now until May. The Teen Center provides a variety of safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, video games, wii tournaments, dances, karaoke, and much, much more. Teen Center will be open for seventh and eighth-graders only, except on the first and last Friday of each month. The first and last Friday of each month will be sixth grade night. Guests are permitted on a limited basis. A registration form must be completed upon the first visit to the Teen Center. The registration form must have a parent or guardian's signature before any activities can be attended. Cost is \$8.

Adult Programs

Register at

Currently: www.vernon-ct.gov/parks

February 2015: www.VernonRec.org

ZUMBA FITNESS

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. The exercises include music with fast and slow rhythms, as well as resistance training.

Mondays: 6:45-7:45pm
Center 375 Gym

Thursdays: 10:15-11:15am
Center 375 Dance Room

Drop In rate: \$6.00/class

Instructor: Beyond Dance

FIT MIX

Fit Mix cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina. Full body workout, strengthens core, burns and tones.

Wednesdays

7-8pm

Center 375 Gym

Drop in rate: \$6.00/class

Instructor: Beyond Dance

PILOXING

PILOXING® cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina. The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. These techniques are also supplemented by the use of weighted gloves, further toning the arms and maximizing cardiovascular health. Add to that exhilarating dance moves and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered!

Saturdays

9-10am

Center 375 Dance Room

Drop In rate: \$6.00/class

Instructor: Beyond Dance

ADULT HIP HOP

Do you get excited whenever the music is playing and you feel like dancing? Is that passion burning inside you? Learn how to dance hip hop – step by step lessons, guided by a Beyond Dance instructor. New and original combinations from beginners level through experienced.

Tuesdays

Beginners: 6:45-7:45pm

Experienced: 7:45-8:45pm

Center 375 Dance Room

Drop in rate: \$6.00/class

Instructor: Beyond Dance

BUY A DROP-IN SHEET!

A pre-paid drop in sheet is available to purchase for \$50. The sheet allows you to drop-in to 10 classes. The pre-paid drop-in sheet can be used for Zumba, Fit Mix, Piloxing and Adult Hip Hop. Sheets are available to purchase at the time of the specific class.

Cash or check payments are accepted.



Adult Programs

Register at

Currently: www.vernon-ct.gov/parks

February 2015: www.VernonRec.org

BELLY DANCING

Students are taught the fundamental core movements which help build a strong foundation for belly dancing. We'll have a great time stretching and learning proper posture, breathing techniques, core hip and abdominal movements. The fundamentals shimmies, traveling steps and basic undulations are taught all in an easy-to-follow format that will allow participants to build a strong foundation in the beautiful art of Belly Dancing. Introduction is also given to the different tools of belly dancing which include-veils, finger cymbals, cane. Various cultures, rhythms and different styles of belly dancing are briefly discussed. Bring water.

Thursdays

January 15-March 5

6:30-7:30pm

Fee: \$65

Instructors: Personal Euphoria

BODY TONING & SCULPTING

This program is for those ages 18 and older and will be sure to get you a good workout. Get *body toning* exercises to help you firm up and lose weight. Use resistant bands and light weights for arm exercises, butt exercises, abs exercises, leg exercises and more with this total-body toning program. Participants will move and tone their bodies to various music while at the same time meet new friends. This class is a 4 week program.

Tuesdays

January 6-February 10(no class 1/27,2/3)

7:00-8:00pm

Vernon Teen Center Fitness Room

Fee: Residents \$30

Non-Residents \$35

Instructor: Pat Stauder

YOGA

Learn to relax, reduce stress, stretch, strengthen muscles and joints, and develop a more flexible body. Special attention is given to the spine, as the focus is on proper alignment, posture, and limbering up. Relaxation with deep breathing is emphasized, so that both mind and body feel restored and rejuvenated. Classes are appropriate for all ages, levels of ability, and belief systems. Please wear loose clothing and bring a mat or towel for extra comfort. This is an 8 week program.

Mondays

January 12-March 16 (no 1/19, 2/16)

6-7pm

Center 375 Fitness Room

Fee: Residents \$70.00

Non-Residents \$75.00

Instructor: Amy

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Special Events

Phone Number:860-870-3520

HOLIDAY HOUSE DECORATING CONTEST

The Vernon Parks & Recreation, in conjunction with the Rockville Community Alliance, is holding a Holiday Decorating Contest for all residential houses and commercial buildings located in Vernon. The contest will also include the best decorated street/road in Vernon. Registration forms available at the Vernon Parks & Recreation Dept.

Entry Information:

- Entries must be submitted by 2:00 pm, December 17, 2014.
- Judging will take place after all entries are in.
- Recognition will be given out to the top three winners in each category.
- Participants may only enter in ONE of the following categories: Overall Best Display; Best Commercial Building; Best Door; Best Holiday Themed House; Best "Green" Display

SNOWMAN/SCULPTURE BUILDING CONTEST

To enter in the contest, you must email a picture of your snowman or sculpture to the Vernon Parks & Recreation Dept at:

parksandrec@vernon-ct.gov

Please be sure to include the photo, your name, address, and phone number in the email.

If you do not have access to email, you must take a picture and bring a copy of the photo to the Parks & Rec office at 120 South Street.

Judging will take place as entries are submitted. Entries must be submitted by **February 27**. Winners will be announced in March. For more information call 860-870-3520